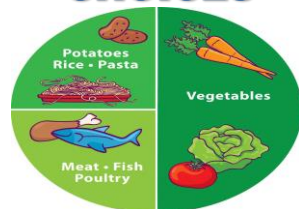


CHITIMACHA TRIBAL SCHOOL MEALS

PROVIDE YOU WITH
MORE HEALTHIER
CHOICES



LET'S SEE HOW MANY DIFFERENT COLOR
VEGETABLES YOU CAN EAT PER DAY!!!!

Our Salads are a combination of Spinach
Romaine, Iceberg, Tomatoes,
Purple Cabbage & Carrots

Our Stack of Trim is Iceberg Lettuce,
Tomatoes, & Pickle Slices

Half the Grains we serve for Breakfast
are Whole Wheat/Whole Grain.
All the Grains serve at Lunch
are Whole Wheat/Whole Grain.

WE SERVE A VARIETY OF MEATS EACH
WEEK.

We serve Fresh and Can Fruits Weekly
Also 100% Fruit Juices

CHOICE OF MILK SERVED DAILY WITH
BREAKFAST AND LUNCH

AUGUST/ SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
		BREAKFAST: EGGS.	BREAKFAST: CEREAL,	BREAKFAST: HAM
		CINNAMON TOAST.	POP TART, FRUIT CUP	SLICE, MUFFINS,MILK
		JUICE. FRUIT CUP	JUICE, MILK	FRUIT CUP, JUICE
		LUNCH PIG-N-BLANKET,	LUNCH: SPAGHETTI	LUNCH: HAMBURGER
		FRIES. SALAD. FRUIT	GREEN BEANS	FRIES, SALAD CUP
		CORNBREAD. MILK	TOSSED SALAD	FRUIT CUP, BUN
			FRUIT	
			ITALIAN BREAD	
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
BREAKFAST:PANCAKES	BREAKFAST: BISCUIT	BREAKFAST:	BREAKFAST: CEREAL,	BREAKFAST: HAM
SAUSAGE, JUICE	JELLY, HAM,JUICE	BREAKFAST BURRITO	TOAST,FRUIT CUP	BREAKFAST PIZZA
FRUIT CUP, MILK	FRUIT CUP, MILK	FRUIT CUP, JUICE	MILK, JUICE	GRITS,FRUIT CUP
LUNCH: CORNDOGS	LUNCH: MEATLOAF	MILK, YOGURT	LUNCH: CHILI MAC	MILK , JUICE
MAC AND CHEESE	MASHED POTATOES	LUNCH: TACOS	TOSSED SALAD	LUNCH: HAM AND
BAKED BEANS	PEAS&CARROTS	CORN, SALAD CUP	BROCOLLI AND	CHEESE/BUN, FRIES
SALAD	ORANGES	FRUIT	CHEESE	CARROT STICKS
PEACHES	ROLLS	COOKIE	ROLL	FRUIT, SALAD CUP
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
BREAKFAST: EGGS	BREAKFAST: GRITS	BREAKFAST: GRITS	BREAKFAST: CEREAL,	BREAKFAST: BISCUIT
TOAST, FRUIT CUP	SAUSAGE PATTIE	HAM, TOAST, FRUIT	TOAST,FRUIT CUP	SAUSAGE, JUICE
JUICE, MILK	FRUIT CUP, JUICE	CUP, JUICE, MILK	JUICE, MILK	FRUIT CUP, MILK
LUNCH: JAMBALYA	MILK	LUNCH: SLOPPY JOE	LUNCH: BEEF STEW	LUNCH: PIZZA
GREEN BEANS	LUNCH: RED BEANS	FRIES	GREEN PEAS	CORN, SALAD
YAMS, SALAD CUP	SAUSAGE, TOSSED	SALAD	TOSSED SALAD	FRUIT CUP
FRUIT CUP	SALAD, FRESH	FRUIT	FRUIT CUP	COOKIE
ROLL	FRUIT, CORNBREAD		ROLL	
MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
BREAKFAST:PANCAKES	BREAKFAST: POP TARTS	BREAKFAST: EGGS,	BREAKFAST:CEREAL	BREAKFAST: OATMEAL
SAUSAGE, JUICE	YOGURT, JUICE	TOAST, FRUIT CUP	TOAST,FRUIT CUP	CINNAMON ROLLS
FRUIT CUP, MILK	FRUIT CUP, MILK	JUICE, MILK	JUICE, MILK	FRUIT CUP, JUICE, MILK
LUNCH: COUNTRY	LUNCH: WHITE BEANS	LUNCH: HOT DOGS	LUNCH:BAKED	LUNCH:BBQ SAUSAGE
FRIED STEAK	SAUSAGE, ROLL	FRIES	CHICKEN	TOTS, SANDWICH CUP
MASHED POTATOES	TOSSED SALAD	COLESLAW	MAC AND CHEESE	FRUIT
CORN, SALAD	FRESH FRUIT	FRUIT	CARROTS, FRUIT	
FRUIT	CORNBREAD	COOKIE	ROLL	
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
BREAKFAST: PANCAKE	BREAKFAST: BISCUIT	BREAKFAST: GRITS	BREAKFAST: CEREAL,	BREAKFAST: MUFFIN
ON A STICK, GRITS	SAUSAGE, FRUIT CUP	BREAKFAST BURRITO	CINNAMON TOAST	YOGURT, FRUIT CUP
FRUIT CUP, MILK, JUICE	MILK, JUICE	FRUIT CUP, JUICE, MILK	FRUIT CUP, JUICE, MILK	JUICE, MILK
LUNCH: CHICKEN	LUNCH: PIG N' BLANKET	LUNCH: CHILLI	LUNCH: CHICKEN	LUNCH: PEPPERONI
PATTIE, FRIES, SALAD	BAKED BEANS, FRIES	FRITOS, SALAD CUP	SPAGHETTI	PIZZA, SALAD
FRUIT	SALAD	CORN	GREEN BEANS	CORN ON THE COB
	FRUIT	FRUIT	ITALIAN BREAD	FRUIT
		COOKIE	SALAD, FRUIT	

